



## WELLNESS

Physical wellness is essential to living a long healthy life and it is even more important during self-isolation! Important aspects of physical health include exercise, nutrition, and sleep. Maintaining a healthy body not only promotes physical health, but can also benefit your emotional, intellectual and relational wellbeing too.

**Exercise** | Find the time to get your body moving! Try to get at least 60 minutes of moderate activity everyday in order to boost your mental and physical health. Take your workout online and stay fit at home with sources like the [FitnessBlender](#).

**Nutrition** | Your body deserves nutritious fuel to perform your best! Heating healthy foods like vegetables, fruits, whole grains, dairy, and lean protein will help you to perform your best!

**Sleep** | Don't forget to recharge your body and mind! Making time for a good night's rest is a wise investment. A pattern of seven to eight hours of sleep will keep you feeling sharp and ready to tackle the day!

Click [here](#) for more information

## EVENTS

### 05/20 UCLA Architecture: Vitual Lecture w/ Tei Carpenter

As part of UCLA's Event Series, Tei Carpenter, architectural designer and educator will lead an engaging virtual lecture. Carpenter's design and research work has been supported by international organizations including the New York State Council on the Arts and BMW mini. Recent design work and writing have appeared in Architect Magazine and The Avery Review. She has also taught at Brown University, Cornell University, and at Rice University as a visiting lecturer. Lecture will take place at 12 PM PST.



RSVP [here](#).

### 05/27 TSA Webinar: Place Branding Through Architecture

The Toronto Society of Architects present a special webinar that explores the often overused and over complicated term 'branding' and how architecture, graphics, wayfinding and art programs can be leveraged to give space a unique story and identity. Looking at historical examples, recent projects, and best practices, the lecture will examine how brands are born and what collaborations and considerations give the brand its voice in the built environment.



More Information [here](#).

## OPPORTUNITIES

### 05/15 Internship at Henning Larsen Architects, Denmark

Henning Larsen Architects in Copenhagen, Denmark are looking for current students of graduates that are interested in applying for an internship in International Business Development. It is a minimum 12 month paid internship with an opportunity for extension and advancement. The internship would offer insight into the international architecture market and give access to a large network of clients, stakeholders, and consultants.



**Start Date:** August 2020

**Deadline:** May 15, 2020

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### 05/25 Tree House Module Design Competition

The Tree House Module offers designers to create their own concept of a tree house. Th competition invites architects to rediscover through the folds of memory the moments spent imagining what their refuge would be like. The tree house is the materialization of a desire for adventure, a spurt of creativity, reconciliation with nature. It is a desire for peace and serenity that any adult in any part of the world has never stopped dreaming about.



**Registration Deadline:** May 25, 2020

**Deadline:** June 24, 2020

More Information [here](#).

### 05/31 Low-cost House Design Competition

The competition is designed to challenge and seek creativity with ideas and concepts in architectural design, as well as landscape design or site planning. It aims to promote alternative solutions to housing, coming up with affordable and sustainable units with limited size and budget to the urgent demands for a house of urban poor. The challenge is both multidisciplinary and multi-scale, a minimal housing capable of fulfilling the residents' requirements of thrift and sustainability.



**Registration Deadline:** May 31, 2020

**Deadline:** June 1, 2020

More Information [here](#).

## RECOMMENDED READINGS

[The Cause of Wonder and Worry over Digital Cities Post Virus](#)

[Contactless Architecture: Sensors and New Technologies](#)

[Material of the Future: Cross-Laminated Timber](#)

